



6th Annual

William Davidson Medical Education Week

May 15 - 19, 2017

We **STUDY**, **LEARN**, **TEACH** and **GROW** for our patients.

The Killer B's of Burnout

Wednesday, May 17 2017, 4:30 - 6:30 p.m.

OUWB Large Classroom A, 1st Floor, Administration Building West
Beaumont Hospital, Royal Oak

Presenters:

Ruth Lerman, M.D., Medical Director Beaumont Center for Mindfulness; Director of Stress Reduction Programs, Physician Wellness and Professionalism; Assistant Professor Oakland University William Beaumont School of Medicine; Certified Teacher of Mindfulness Based Stress Reduction

Jacklyn McParlane, D.O., FACOEP, Emergency Physician, Beaumont Farmington Hills; Physician Wellness & Peer Support, Beaumont Health, Certified Health & Wellness Coach, Clinical Professor Michigan State University

Peggy Nowak, M.D., President, Royal Oak Medical Staff; Executive Director Physician Wellness; Associate Professor, Oakland University William Beaumont School of Medicine

Objectives:

- ◆ Identify the three axioms of mindfulness.
- ◆ Recognize the tendency of the mind to wander and utilize available tools to recoup the mind with a friendly, self-compassionate approach.
- ◆ Discuss and implement mindfulness practices.

Target Audience:

Faculty, physicians, residents and fellows.

CME Accreditation and Credit Designation

William Beaumont Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

William Beaumont Hospital designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*[™].

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity is eligible for a Meaningful Participation credit.

Register at: oakland.edu/medicine/meded

